

La nueva Rueda de los Alimentos

SEDCA' 2005



GRÁFICA DE ESPAÑA

PHYSICAL ACTIVITY

Be physically active for at least 30 minutes most days of the week.



Use MyPyramid to Make Healthy Choices

For additional resources, visit dairycouncilofca.org and mealsmatter.org



OILS & EXTRAS

Make most of your fat choices from fish, nuts and vegetable oils. Limit your intake of "extra" foods that are mainly fat or sugar.



| GRAINS | VEGETABLES | FRUITS | MILK & MILK PRODUCTS | MEATS & BEANS |
|--|--|--|---|--|
| 6 oz. everyday* 1 oz. = 1 slice bread, 1 cup dry cereal, or 1/2 cup rice or pasta | 2 1/2 cups everyday* Choose dark green, orange and starchy vegetables as well as dry beans and peas | 2 cups everyday* Vary between fresh, frozen or canned without added sugar | 3 cups everyday* 2 cups for kids aged 2-8 1 cup = 1 1/2 oz. hard cheese, 2 oz. processed cheese | 5 1/2 oz. everyday* 1 oz. = 1 oz. meat, fish or poultry, 1 Tbsp. peanut butter, 1/2 oz. nuts, 1/4 cup dry beans |
| Make at least half of your grains whole grains | Try to vary your vegetable choices each day | Make most choices whole fruit | Choose fat-free or low-fat most often when you choose milk, yogurt and other milk products | Choose lean meat and poultry. Vary your choices - more fish, beans, nuts and seeds |

GRÁFICA DE
USA

*Recommended amounts based on a 2,000 calorie diet



ÓVALO
ARGENTINO



**NUEVA GRÁFICA
ARGENTINA**